



Sleeping habits to transform your life



Best foods and drinks to have before bed



Warm milk



Sweet potatoes



Bananas



White rice



Curd



What to do before sleeping?

- Plan a regular sleep schedule
- Take a warm bath
- Reduce ambient light
- Read before going to bed
- Lower the room temperature





What not to do before sleeping?

- Daytime naps
- Screen time
- Caffeine or alcohol intake
- Eating large meals
- Exercise

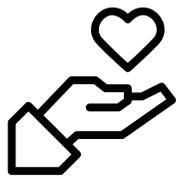


Safe sleep for elders

- Sleep near a telephone
- Lamp within reach
- A glass of water next to the bed
- Remove slippery mats
- Warm room temperature



**Improved sleep leads to improved productivity.
Boost your employee's productivity with
Wellbeing on the Web (WoW)**



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



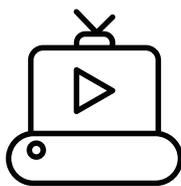
Finance advisor



Newsletters



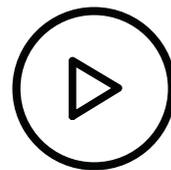
Self-assessments



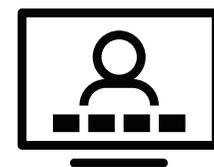
Live classes



Articles



Videos



Webinars